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Mango chicken slow cooker curry

Ingredients

- 425g tin mango slices
- 1 brown onion, sliced
- 2 carrots, peeled and sliced
- 2 cloves garlic, sliced
- 400ml tin coconut milk
- 1 tsp Massel* Chicken Stock Powder
- 1 tbs brown sugar

- 1 tbs oil
- 600g chicken thighs
- 1 tsp ground turmeric
- 2 tsp curry powder
- 100g green beans, halved
- Lemon or lime juice, to serve
- Coriander, to serve

*

Method

1. Drain mango slices and dice. Add to the slow cooker with onion, carrots and garlic. Add coconut milk with the chicken stock powder and brown sugar. Stir to combine.

   How to prepare carrots.

2. Heat oil in a fry pan over medium heat. Cut thighs into 4cm pieces. Working in batches, brown well on all sides. Return all of the chicken to the pan and add turmeric and curry powder. Stir well for 1 minutes, then add chicken to the slow cooker, being sure to scrape in all the oil and spices from the frypan.

3. Cook on low for 4-6 hours until chicken is tender. Add beans during the last half hour. Just prior to serving, add lemon or lime juice to taste and coriander. Serve with steamed rice.

Notes

Use mango puree if you can find it, but the sliced mango breaks down beautifully in the slow cooker to form a fruity sauce.

Cut thighs into 4-6 pieces each, depending on their size. Don’t make the pieces too small or they’ll disappear into the sauce.

For an extra veggie hit, add a few handfuls of baby spinach just prior to serving and allow it to wilt into the curry.

Recipe and photo by Greer Worsley.

★★★★
This is my favourite recipe. It’s easy, family and friends love it and the flavour really packs a punch.

Comment from creek8737 3 years ago

★★★★★
I would really like to see the nutritional values on your recipes would be so helpful.

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